

FAMILY NIGHT

Cultivating Healthy Minds and Bodies



DISTRICT 89

MAYWOOD | MELROSE PARK | BROADVIEW



NOCHE FAMILIAR

Cultivando Mentes y Cuerpos Sanos

Thursday, November 18, 2021
4:00-5:30pm

1ST SESSION 4:00PM - 4:30PM

Washington Dual Language Academy Physical Health Fitness

Wildcat Yoga with Mr. Chaidez

Join Zoom Meeting: <https://bit.ly/3oVDQAH>

Meeting ID: 824 9652 1315

Passcode: 728731

Irving Middle School Physical Health

Tiger Fitness: Attendees will be able to participate in a short full body workout using household items and body weight. We will also discuss the importance and benefits of physical fitness to our mind and body. Finally, we will offer information on local health, fitness, and sports organizations, apps, and websites for all ages.

Presented by

Ms. Birmingham, Mr. Pivo, and Mr. Muphy

Join Zoom Meeting: <https://bit.ly/3FrqUc8>

Meeting ID: 872 7194 0340

Passcode: JB4Hdi

Jane Addams School Mental Health

Mental Health Strategies

Presented by Mr. Wold, Mrs. Hawkins, Ms. Baier

Join Zoom Meeting: <https://bit.ly/3oCgLmm>

Meeting ID: 898 5973 1494

Passcode: panthers

Stevenson Middle School Physical Health Fitness

Exercises and Physical Activity you can do from home

Presented by Mr. Wegner, Mrs. Igelman

Join Zoom Meeting: <https://bit.ly/3kN7RB9>

Meeting ID: 886 8349 0124

Passcode: 5J2ss0



2ND SESSION 4:30PM - 5:00PM

Emerson School Mental Health

What does childhood anxiety look like?

Probably not what you think.

Presented by Dr. Philip Montgomery

Join Zoom Meeting: <https://bit.ly/3kI5YFN>

Meeting ID: 872 5880 7310

Passcode: 11916

Garfield School Physical Health

The Ultimate Brain Workout: Participants will understand that specific exercises can bring mental gain, from improving memory to reducing cravings and stress.

Presented by

Mr. J. Denk, Ms. M. Alexander, Ms. D. Sherrod

Join Zoom Meeting: <https://bit.ly/3qQzw8a>

Meeting ID: 896 3142 0308

Passcode: 4yStK3

Roosevelt School Community Resources

Family and Community Resources

Presented by Ms. Murphy, Dr. Griffin, Mrs. Aguilar

Join Zoom Meeting: <https://bit.ly/3FrKZ1Y>

Meeting ID: 824 6155 0392

Passcode: 124817

Stevenson Middle School Healthy Habits

Finding a balance of Diet, Sleep and Exercise

Presented by Ms. Romero

Join Zoom Meeting: <https://bit.ly/3kN7RB9>

Meeting ID: 886 8349 0124

Passcode: 5J2ss0



3RD SESSION 5:00PM - 5:30PM

Lincoln School Mental Health

Healthy habits for children

Presented by Mrs. Kateeb

Join Zoom Meeting: <https://bit.ly/3CoZRMU>

Meeting ID: 856 3413 8468

Passcode: 566621

Melrose Park School & West 40 Community Resources

West 40 and Supporting Community Resources

Presented by Ms. Ramirez

Join Zoom Meeting: <https://bit.ly/3Cvju5Q>

Meeting ID: 846 6908 5606

Passcode: mustang

Stevenson Middle School Online Digital Health

Student online presence contribute to their overall health.

Importance of establishing healthy online habits in the digital world

Presented by Ms. Sidhpura

Join Zoom Meeting: <https://bit.ly/3kN7RB9>

Meeting ID: 886 8349 0124

Passcode: 5J2ss0

